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Antihypertensive effect of green coffee bean extract on mildly hypertensive subjects

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Résumé / Abstract

A water-soluble green coffee bean extract (GCE) has been shown to be effective against hypertension in both spontaneously hypertensive rats and humans. This multicenter, randomized, double-blind, placebo-controlled, parallel group study evaluated the dose-response relationship of GCE in 117 male volunteers with mild hypertension. Subjects were randomized into four groups: a placebo and three drug groups that received 46 mg, 93 mg, or 185 mg of GCE once a day. After 28 days, systolic blood pressure (SBP) in the placebo, 46 mg, 93 mg, and 185 mg groups was reduced by $-1.3' \pm 3.0$ mmHg, $-3.2' \pm 4.6$ mmHg, $-4.7' \pm 4.5$ mmHg, and $-5.6' \pm 4.2$ mmHg from the baseline, respectively. The decreases in SBP in the 93 mg group ($p < 0.05$) and the 185 mg group ($p < 0.01$) were statistically significant compared with the placebo group. Diastolic blood pressure (DBP) in the placebo, 46 mg, 93 mg, and 185 mg groups was reduced by $-0.8' \pm 3.1$ mmHg, $-2.9' \pm 2.9$ mmHg, $-3.2' \pm 3.2$ mmHg, and $-3.9' \pm 2.8$ mmHg from the baseline, respectively, and significant effects were observed in the 93 mg group ($p < 0.05$) and the 185 mg group ($p < 0.01$) compared with the placebo group. Both blood pressures were significantly reduced in a dose-related manner by GCE ($p < 0.001$). Adverse effects caused by GCE were not observed. The results suggested that daily use of GCE has a blood pressure-lowering effect in patients with mild hypertension.

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